

Breathwork Program Starts in July

Restore: Breathwork for Building Self and Community starts this month, led by Roslyn Rasberry. The program will be offered on the 2nd and 4th Monday, starting on July 14.

One hour programs on the 2nd Monday will cover the basics of Breathwork, and 2 hour programs on the 4th Monday, held in the style of workshops, will offer participants the chance to engage in breathwork. *Breathwork for Building Self and Community* will be designed for the LGBTQ+ community. Its goals are for participants to feel more peaceful and grounded, as well as to experience better mental, emotional, physical, spiritual, and identity health, especially in these uncertain times and climate. Programs will be offered in a welcoming environment where everyone feels safe and seen. To sign up, contact Leslie at llamb@sageupstate.org or 315-478-1923.

This program is made possible through funding from the Central New York Community Foundation

Ice Cream Social July 31, 5 - 7 pm

Come and join us on July 31, 5-7 pm at SAGE for an Ice Cream Social. We'll also have hot dogs and snacks. You can try your skills at some carnival games and win prizes. Your donation of \$10 (more if you can, less if you can't) gets you a chance on every game, ice cream, and a hot dog. See you here!



BENEFITS OF

Engaging in breathwork can allow you to:



Release stress
and anxiety



Train your nervous
system to respond
differently



Heal past pain &
trauma

Boost Immunity

Improve sleep quality

It was great to see everyone at the CNY Pride Festival!



****Please Note****

**The CNY Philanthropy Building will be
closed June 30 to July 4.**



**No 2nd Sunday
Potluck in July**

See you at the picnic on
August 10, Ryder Park

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Pride 5K



Mets Pride Night




Dewitt Pride



Utica Potluck Picnic



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 6 pm Bonding Brothers	2 5:30 Writers	3 10 am Walking 6 pm Dinner Out	4	5 2 pm Utica Potluck
		CNY Philanthropy Center Building is closed				
6	7 5:30 Walking group 6 pm Monday Men's (closed) Group	8 10:30 String Cheese Acoustic group 5 pm Dance Class	9 5:30 Writers	10 9:30 Breakfast Out 10 am Walking	11	12 7:00 Gender Blend
13	14 5:30 Walking group 6 pm Monday Men's (closed) Group 6 pm Breathwork	15 6 pm Bonding Brothers 5 pm Dance Class	16 5:30 Writers	17 10 am Walking 12:30 Lunch Out 6: pm Take Care Together discussion group on Zoom	18 7 Men's Night Out	19 2 pm Watertown Potluck 10 am- 2 pm Cortland Pride
20	21 5:30 Walking group 6 pm Monday Men's (closed) Group	22 5 Dance Class 11- 4 11:30 am Lunch & Learn: Yoga	23 5:30 Writers 3 pm: Take Care Together discussion group on Zoom	24 10 am Walking Group 3:30 pm Theater Thursday: Nonnas	25	26
27	28 5:30 Walking group 6 pm Monday Men's (closed) Group 6 pm Breathwork	29 5 Dance Class	30 5:30 Writers	31 5- 7 pm Ice Cream Social & Carnival		

Bonding Brothers: Men's group meeting in the Center on the 1st and 3rd Tuesday at 6 pm.

Gender Blend: 2nd Saturday, social/support for Trans/Nonbinary communities. In person and on Zoom (details at sageupstate.org). For info contact Johna: 315-478-1923 or jmelius@sageupstate.org.

Ice Cream Social – see front page

Knitting & Fiber Arts: On break until September

Lunch & Learn: Basics of Yoga, see next page

Meals OUT – Dinner on the 1st Thursday, Breakfast on the 2nd Thursday, and Lunch on the 3rd Thursday, See details on p. 3

Men's Night Out: Social for SAGE guys, 3rd Friday, 7 pm

Monday Men's Group: closed support group that takes new members a few times a year.

String Cheese: a new group for learning and playing stringed instruments. Bring a bag lunch for after.

Take Care Together discussion groups: see next page.

Theater Thursday: *Nonas*, 7/24, 3:30 pm

Utica Potluck 1st Sat. 2- 4 pm, for all in the Utica area and beyond. Bring a dish to pass if you are able.

Walking Group Mondays: The group meets at the Visitor Center at Onondaga Lake Park, Mondays at 5:30

Walking Group Thursdays: The group meets at the benches by Panera at Destiny on Thursdays at 10 am

Watertown Potluck: 3rd Saturday at 2 pm, for all in the Watertown area and beyond. Bring a dish to pass if you are able.

Writers Group, Wednesdays at 5:30 pm: All genres and experience levels welcome. Offered on Zoom only-- link at sageupstate.org

Outside of Syracuse

Open to LGBTQ+ folks and Allies in these towns and beyond.

The Oswego group is moving to a quarterly meeting schedule. Stay tuned for details.

Utica: Potluck on the first Saturday
2 pm Utica Unitarian, 10 Higby Rd.

Watertown: Potluck on the 3rd Saturday,
2 pm All Souls UU, 1330 Gotham St.

Lunch & Learn, July 22: Basics of Yoga

Presentation on the practice and benefits of yoga, including demonstrations and basic poses for participants to try.

Includes lunch and starts at 11:30 am. RSVP to Leslie at 315-478-1923 or llamb@sageupstate.org and let us know of any dietary restrictions.



Meet your SAGE friends for a meal

To RSVP, contact Ron or Leslie at 315-478-1923 or llamb@sageupstate.org.

1st Thursday Dinner: 7/3, 6 pm

Red Chili Restaurant, 2740 Erie Blvd East.
Syracuse, NY

2nd Thursday Breakfast: 7/10, 9:30

Gem Diner, 832 Spencer Street, Syracuse,

3rd Thursday Lunch: 7/17, 12:30

The Retreat, 302 Vine Street.
Liverpool, NY



**Theater
Thursday:
Nonnas
July 24
3:30 pm**



After losing his beloved mother, a man risks everything to honor her by opening an Italian restaurant with actual grandmothers as the chefs. 1H 51 min
Popcorn will be provided.



Stop by the SAGE booth if you're going to the Cortland Pride Festival in Courthouse Park (33 Church St.) on June 19. The event, which will be held from 10 am- 2 pm, will feature more than 60 vendors, a costume/fashoin contest, food and beverages, and a gift basket raffle. The Pride Emcee will be Jo Boring, and a family friendly drag show will be a part of the program. For more info: cortlandlgbtqcenter.org.



What's going on with Take Care Together?

Take Care Together is expanding its reach to all who have participated in SAGE Upstate programming since March 2025. We've hosted a few discussion groups to find out how participants experience connection. We're looking at components of programs that foster social connection, and also how connection may be hindered by components of programs. We hope to use feedback that, when put in action, will make our programs stronger.

We'll be reaching out to the 150+ program participants in a number of ways.

We'll hold two online discussion groups on Zoom this month on July 17 at 6 pm and July 23 at 3 pm. In addition, volunteers will be calling participants for feedback, and an in-person meeting will be held in the Center on the day and time that works for most people.

Why is this important? One of the most important things SAGE does is counter isolation through social connection. Your feedback will help us do that better. If you've participated in SAGE programs, we'd like your input.

JULY RAFFLE

**Stewart's
Shops**

**\$100 gift card for
Stewarts Shops**

**\$1 for one ticket
\$5 for six tickets**

Get tickets at all potlucks
and programs, online, in the
center and at Pride Events

Johna Talks: Gender & Religion



Modern Christian faiths originated from within Judaism. In most, we do not see multiple genders, only male, female and eunuchs (males who have been castrated, usually employed as guards in women's living areas). This view of gender wasn't always the standard. For centuries, men passed stories of these faiths down to the next generations in patriarchal societies. Other genders were omitted through time. Let's begin a dive of gender diversity and religion.

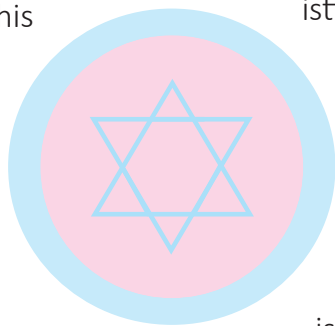
In Catholicism, the Apocrypha is a text studied with the Bible. Here we start to see a challenge to patriarchal norms -- gender is described in a different light. Women who take on manly characteristics are included. In this way, the concept of someone being transgender is first seen.

Looking at Judaism, we have the Torah, which is Jewish law, and the Talmud, which is a commentary on the Torah. The Torah is believed to have been handed to Moses by God on Mount Sinai. In both the Torah and the Talmud, seven genders are recognized. These genders were identified either at birth or over the life course, utilizing both biological and physical realities, not governmental, societal, or culturally conditioned categories.

The seven different gender identities listed in the Torah and Talmud are: male, female, Androgynos, Tumtum, Aylonit, Saris Hamah, and Saris Adam.

Male and female are the only currently recognized genders by the US government, but in the Torah and Talmud there were more. Androgynos, like what we currently identified as Intersex, possess both male and female characteristics. Tumtum having neither gender characteristics known as Agender or Nonbinary today. Aylonit is a female identified at birth without developing secondary female characteristics. Saris Hamah is a male identified at birth without developing secondary male characteristics. And finally, Saris Adam, is a male identified at birth who does not develop secondary characteristics because of castration.

If back then, they recognized these differences, it just shows how gender is very nuanced. As you can see, identifying genders beyond male and female is not a new concept.



by Tim Lattimore

Hey, Everyone! I'm happy to announce that my column "Color Coordinated" has returned. Now I can continue sharing with my LGBTQ+ BIPOC Communities useful information, positive vibes, and lots of love.

Over the past several months, I've thought of a couple of ideas that I would like to share with you. First, I'm looking to start a monthly poetry contest (200 words or less). The winner will have his/her/their poetry, photo, and mini bio printed in the SAGE newsletter. Second, I'm looking to put together a two-page collage of photos representing the LGBTQ+ BIPOC Communities... photos of family, friends, and community moments, gatherings, events, etc. Be on the lookout for complete details in the August SAGE newsletter.

If you have any ideas, suggestions, or questions, please email me at tlattimore@sageupstate.org or call SAGE at (315) 478-1923. In the meantime, take care of yourselves and BE KIND to one another.

Need help? Call the Neighborhood Advisor

Need help finding resources to help you stay in your home, independent in the community? Call Masani, the SAGE Upstate Neighborhood Advisor. The program is funded by the Onondaga County Adult and Long Term Care Services. Services are free and donations are accepted but not necessary. For more info, visit <https://www.sageupstate.org/neighborhood-advisor>



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